



APRIL

NEW(S) HORIZON

2017

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

We are proud to sponsor many events and programs addressing the health and well-being of Walpole seniors. Look inside for dates and times for the following programs:

HEALTH AND SAFETY

FLU CLINIC
FOOT CARE
NUTRITION
NURSE VISITS
MEDICARE PLANNING
SHELTER AT HOME
TRIAD
WALPOLE VNA NURSING

EXERCISE

CHAIR EXERCISE
CHAIR VOLLEY
WALKING CLUB
WII BOWLING
YOGA
ZUMBA

COMMUNITY OUTREACH

AARP TAX PROGRAM
FARMERS MARKET COUPONS
FUEL ASSISTANCE
HOME HEALTHCARE REFERRALS
HESSCO LUNCH
MEDICAL RIDES
NEWSLETTER
SENIOR TAX WORK OFF
SHINE
THE RIDE
WELL BEING CHECKS
VETERANS MEETINGS

SOCIAL ACTIVITIES

BINGO
BRIDGE
CREATIVE CORNER
KNITTING CLUB
MAH JONGG
POT LUCK MEAL
SENIOR SINGING GROUP
WALK-IN BREAKFAST
WRITING GROUP

TRIPS

DAY OF BEAUTY
STOP & SHOP
WALPOLE ERRAND DAY
REGIONAL DAY EXCURSIONS

WALPOLE COUNCIL ON AGING CENTER
135 SCHOOL STREET, WALPOLE, MA 02081

Hours: Monday, Wednesday, Thursday, Friday, 8:30AM – 4:30PM; Tuesday 8:30AM – 8:00PM
Telephone: 508-668-3330, Fax: 508-660-7363, Website: www.walpole-ma.gov

The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.

APRIL TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
TUESDAY 4/4	Memory Café	Fun and welcoming event for individuals with forgetfulness and their families	1:00—2:30PM United Church
WEDNESDAY 4/5	Chair Volleyball	More fun than you can possibly stand - while seated! Come enjoy this fun-filled game.	11:00AM—12:00PM COA
THURSDAY 4/6	Walpole Walmart	Ride provided to and from Walmart. Registration required.	Van leaves COA at 9:30AM
THURSDAY 4/6	Chickie Flynn's Lunch	Registration required , preference to those who didn't attend in January. \$2.50 gratuity per person.	Van leaves COA at 11:00AM
THURSDAY 4/6	Savor Flavor	HESSCO sponsored Nutrition Seminar	10:30AM—11:30AM COA
THURSDAY 4/6	HESSCO Supper	HESSCO sponsored supper and entertainment at Walpole High School. \$8.00 per person	4:00— 6:00PM Walpole High School
MONDAY 4/10	Soap Making With Circle of Care	An informative & hands on session about cold process soap making. Participants leave with a bar of soap. Registration required.	11:00AM—12:00PM COA
MONDAY 4/10	Ted Talk	Viewing of "Older People are Happier" and The Surprising Science of Happiness"	1:00PM COA
WEDNESDAY 4/12	Coffee with Attorney J.DiPietro	Join us for coffee and to have your legal questions discussed.	11:00AM—12:00PM COA
THURSDAY 4/13	Walk In Breakfast	Join us for a great home-cooked breakfast & wonderful company.	8:00—10:00AM COA—\$3.00 per person
THURSDAY 4/13, 20, & 27	Senior Men's Support Group (55+)	Discussion will focus on family relationships, spiritual and age related concerns.	9:00-10:30AM Walpole Public Library
THURSDAY 4/13	Day of Beauty	Manicures, facials, hair color & cuts. Lunch at Gerry's if open. Registration required.	8:30AM—2:00PM Van leaves COA 8:30AM
THURSDAY 4/13	Learn about LifeLine	Join us to learn about Lifeline and the convenience of a medication dispensing service.	11:00AM—12:00PM COA
THURSDAY 4/13	Wheel of Fortune	Laurie Blake from Home Instead brings Wheel of Fortune to the Center.	1:00PM COA
WEDNESDAY 4/19	Balance Evaluation	Marathon Physical Therapy offers free balance evaluations. Registration is required.	11:00AM COA
WEDNESDAY 4/19	TRIAD	Norfolk County Sheriff's Department Monthly educational session at the COA.	11:00AM —12:00PM COA
WEDNESDAY 4/19	Birthday Party	Join us for the monthly Birthday Party generously sponsored by Harrington House.	2:00PM COA
THURSDAY 4/20	Walpole Errand Day	The van will take you on errands around Walpole. Registration is required.	Times TBD based on destinations
THURSDAY 4/20	Boston Symphony Orchestra	Open Rehearsal, All-Mozart Program. Registration is required for this event. Tickets are \$18.00.	8:00AM—2:00PM Van leaves COA at 8:00AM
FRIDAY 4/21	I Ain't Got Nothing to Do!	Travel down memory lane with Karl West who will discuss what kids like you did before smartphones.	11:00AM—12:00PM COA
SUNDAY 4/23	Spaghetti Dinner	Join us for a spaghetti dinner sponsored by the Lion's Club. Registration is required.	12:00—2:00PM COA

APRIL TRIPS & EVENTS *continued*

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
MONDAY 4/24	Restaurant of the Month	Cracker Barrel Old Country Store, serving American comfort food, on-site general store. Registration Required.	12:00PM Van leaves COA 11:30AM
WEDNESDAY 4/26	Creative Corner Pomander Balls	Bring an orange or other citrus, zester, twine & decorative ribbon. We will supply the cloves.	1:00—2:00PM COA
THURSDAY 4/27	Walk In Breakfast	Join us for a great home-cooked breakfast & wonderful company	8:00—10:00AM COA—\$3.00 per person
THURSDAY 4/27	Medicare Fraud & Abuse	Senior Medicare Patrol shares how you can avoid becoming a victim of health care errors, fraud, and abuse.	11:00AM COA
THURSDAY 4/27	COA Board Meeting	COA Board Monthly Meeting in Town Hall	1:30—2:30PM Room 112, Town Hall



Lion's Club Spaghetti Dinner
Sunday, April 23, 2017
12:00 to 2:00PM, COA
Registration required.



LETTER FROM THE DIRECTOR



Thomas Tusser said, "Sweet April showers do spring May flowers." I am sure I am not alone as I look forward to warmer weather and longer days. Our weather related cancellations in February have been rescheduled and you can enjoy second chance opportunities for Soap Making with Circle of Care on April 10th and Lifeline's presentation on April 13th. Please be sure to sign up for the new dates.






Our male members are invited to participate in a new Men's Group beginning Thursday, April 13th at 9:00am in the Library Community Room with Dr. Ahmed. Marathon Physical Therapy will be offering 15-minute complimentary balance sessions on April 19th. Be sure to sign up as availability is limited to take advantage of this opportunity. Travel down memory lane with Karl West on April 21st as he presents discusses what kids (like you!) did before smartphones. Most exciting of all is a trip to the Boston Symphony Orchestra's Open Rehearsal on April 20th.

Have you heard of TED talks? TED began in 1984 as a conference on Technology, Entertainment and Design (TED) and today these informative and entertaining talks cover nearly every topic. We will be viewing Laura Carstensen's "Older People are Happier" and Dan Gilbert's "The Surprising Science of Happiness."

There is lots happening at the Council. We always welcome your ideas, suggestions, and talents.

Kerri McManama, Director Walpole Council on Aging

APRIL 2017



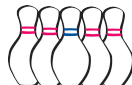

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SIGN UP DAY 10:00AM Exercise Class 12:00PM HESSCO lunch Hot Dog 1:00PM Dominos 1:30PM Mah Jongg	4 AM Stop & Shop 8:30AM Bird Park Walking 12:00PM HESSCO lunch Beef Stroganoff 1:30PM YOGA 4:00PM A Musical Interlude	5 10:00AM Exercise Class 11:00AM Chair Volley 12:00PM HESSCO lunch Chicken Piccata 12:30 PM Pokeno 	6 8:30AM Bird Park Walking 9:30AM WALMART 10:30AM Yoga 12:00PM HESSCO lunch Spaghetti 1:15PM Bridge/ SCRABBLE	7 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Writing Club, Walpole Library 12:00PM HESSCO lunch Catch of the Day 12:30PM Bingo
17 PATRIOTS DAY  CENTER CLOSED	18 AM Stop & Shop 8:30AM Bird Park Walking 12:00PM HESSCO lunch Cilantro Chicken 1:30PM YOGA 4:00PM A Musical Interlude	19 10:00AM Exercise Class 11:00AM TRIAD 12:00PM HESSCO lunch Meatloaf 12:30PM Pokeno 2:00PM Monthly Birthday Party	20 Walpole Errand Day 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch Chicken Drumstick 1:15PM Bridge	21 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club Walpole Library 12:00PM HESSCO lunch Alaskan Pollock 12:30PM Bingo
30 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg 			ALL PROGRAMS ARE 1 HOUR IN LENGTH UNLESS OTHERWISE NOTED.	** HESSCO meals (lunch) are provided daily at the center for a donation of \$3.00. For reservations or cancellations, call 781-784-4944 at least 24 hours in advance.

Please **sign up for ALL trips and events** you would like to attend.

IN-PERSON and **PHONE** registration begin **Monday, April 3 at 8:30AM** .

*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*

APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 10:00AM Exercise Class 12:00PM HESSCO lunch Sloppy Joe's 1:00PM Dominos 1:30PM Mah Jongg 	11 AM Stop & Shop 8:30 AM Bird Park Walking 12:00PM HESSCO lunch Roast Chicken 1:30PM YOGA 4:00PM A Musical Interlude 	12 10:00AM Exercise Class 10:00AM Knitting & Crochet 11:00AM Coffee Q & A 12:00PM HESSCO lunch Beef Stew 12:30PM Pokeno	13 8:00- 10:00AM Walk-in Breakfast 8:30AM Bird Park Walking 10:30 YOGA 12:00PM HESSCO lunch Roast Turkey 1:00PM Wheel of Fortune 1:15PM Bridge/ Scrabble	14 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch Mac & Cheese 12:30PM Bingo 
24 10:00AM Exercise Class 12:00PM HESSCO lunch Tuna Salad 1:00PM Dominos 1:30PM Mah Jongg 	25 AM Stop & Shop 8:30AM Bird Park Walking 12:00PM HESSCO lunch Chicken 1:30PM Yoga 4:00PM A Musical Interlude	26 10:00AM Exercise Class 10:00AM Knitting & Crochet 11:00AM Chair Volley 12:00PM HESSCO lunch Am. Chop Suey 12:30PM Pokeno 1:00PM Creative Cr.	27 8:00-10:00AM Walk-in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch Turkey Pot Pie 1:15PM Bridge/ SCRABBLE	28 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch Pork Lentil Stew 12:30PM Bingo



2017 Opening Day
Monday, April 3rd, 2:05 PM
RED SOX vs. Pittsburgh Pirates



A NOTE FROM YOUR OUTREACH WORKER!

As the weather gets warmer it is an excellent time of year to start that walking program you thought about January 1st. Regular walking, like most aerobic activities, is good for you because cardio-vascular exercise strengthens the heart and lungs, increasing overall fitness. Enjoy the weather and a walk.

Our fuel assistance program will be ending May 1st, so let me know if you still think you need assistance. Looking forward to a warm colorful spring.



Laurel St. Pierre, Outreach Worker

Office Hours: Monday - Thursday 9:00AM- 3:00PM



I would like to draw your attention to all the wonderful educational programs we have going on in April and May.

There is a series of programs offered by the Walpole Health Department and the Council on Aging being offered right here. The three programs from the Alzheimer's Association being offered are *Understanding and Responding to Dementia-Related Behavior*, *Know the 10 Signs* and *Effective Communication Strategies*. The presentation is dynamic, a must for anyone living with friends, family or a loved one with dementia/Alzheimer's or cognitive impairment.

We are also offering a four session Senior Men's Support Group (55+), sponsored by Walpole Area VNA. The group will meet Thursdays, April 13th, 20th, 27th and May 4th from 9:00-10:30AM, registration is required. The group will be facilitated by Mohiuddin Ahmed, PhD, a Clinical Consulting Psychologist with 40 years of clinical experience focusing on mind stimulation techniques to stimulate and promote adaptive thinking, feeling and behaving in one's present life situations. Issues to be discussed include: physical dysfunctions or aging related functional impairment issues, family mental health service needs and advocacy issues, couple's relationship conflicts, and discussions of existential, spiritual and age related concerns facing life and death issues.

I hope you have been enjoying the new educational board at the Council on Aging. Please let me know if there are topics you would like to see. Take the spring to rejuvenate, clear the cob webs and clean out that medicine cabinet! RID MED bags are always available to get rid of expired, outdated, and unused medications.

Stay healthy!

Leandra McLean RN, BSN, CEN, CCRN Public Health Nurse

Live. Life. Healthy

NEW(S)HORIZON

Walpole Council on Aging
Town Hall , 135 School Street
Walpole, MA 02081

Telephone: (508) 668-3330

Fax: (508) 660-7363

Kerri McManama, Director COA

Laurel St. Pierre, Outreach

Christine Tetreault, Advocate

Jane Wulk, Van Driver

Carol Fellini, Van Driver

Jim Hinds, Van Driver

Dolores Efthim, Chairman COA Board

This Newsletter is made possible,
in part, by a grant from the
Massachusetts Executive
Office of Elder Affairs and through the
generous support of The Friends of
Walpole Elders, Inc.



Friends of the Walpole

Elders, Inc.

P.O. Box 186

East Walpole, MA 02032

Non-Profit

US Postage

PAID

Framingham, MA

Permit #179

WALPOLE COUNCIL ON AGING PROFESSIONAL SERVICES

HESSCO Meal Site: (508) 668-3423,
provided daily for a \$3.00 donation.
Call for reservations or cancellations,
781-784-4944 at least 24 hours in
advance.

Public Health Nurse: blood
pressure screenings and health
information every Monday morning at
9:30AM*

Health Insurance Counseling: by
appointment only, Tuesdays and
Thursdays, 9:00AM—12:30PM, \$3.00.

Legal Services: 2nd Wednesday of
the month, 11:00AM—12:00PM*Free.

Foot Care: Mondays by appointment
only, 9:00AM— 2:00PM, Cost is \$20.
Call (508) 668-3330.

*Times subject to change

HELPFUL NUMBERS TO REMEMBER:

NORFOLK COUNTY "ARE YOU OK?"

(866) 900-RUOK (7865)

Receive a call daily to make sure you are up and OK!

POLICE (Non-emergency) 668-1212

FIRE DEPARTMENT (Non-emergency) 668-0260